

Monday, March 7

"Time flies over us, but leaves its shadow behind."
-Nathaniel Hawthorne, novelist

Topic of the Day: Hospital Anniversary Celebration



UVA Culpeper Hospital will be celebrating our 56th anniversary on **Tuesday, March 15**, from **4-6 p.m.** in the cafeteria. Join some of the hospital's original staff members as they share early memories of working here, and hear CEO **Greg Napps** share his thoughts on where we're headed as an organization. We'll light a candle in remembrance of employees who have passed, reveal our new history display and share some of the items being buried in our time capsule this spring. Light refreshments will be served.

We're pleased to welcome some of our former employees to this event, and we invite them to participate in a tour of the hospital and stick around for a coffee reception in the conference room.

We have much to celebrate! We hope you'll join us in recognizing just how far we've come.

Did You Know?

Daylight Savings is this **Sunday, March 13**. Be sure to set your clocks ahead by one hour and get out and enjoy the extra daylight!

Closing

What news do you have for your team?
Who has helped you in some way at work recently?

We are all a team. If you see anything that concerns you, you are expected to speak up. UVA Culpeper Hospital. Proud to be a part of our community. Proud to be a part of UVA.

Tuesday, March 8

"Don't spend time beating on a wall hoping to turn it into a door."
-Coco Chanel, fashion designer

Topic of the Day: Student Scholarships

UVA Culpeper Hospital will once again offer college scholarships to seniors attending Culpeper County High School and Eastern View High School who are interested in pursuing a health-related profession.

The scholarships available for **each** school are as follows:

- Janet B Swan Scholarship — \$500
- Nancy Post Bock Scholarship — \$500
- UVA Culpeper Hospital Scholarship — \$500

To apply for these scholarships, students should pick up an application from their school guidance counselor. Applications will be evaluated based on extracurricular activities and leadership, GPA and an essay explaining why the student wants to pursue a health-related profession and how a college education would afford them this opportunity.

Applications are due to school guidance counselors on **Wednesday, March 23** for CCHS students and on **Monday, April 4** for Eastern View students. Scholarship recipients will be announced at each school's convocation.

For more information, contact **Mary Kay Campbell** at **434.964.6438** or **mkcampbell@culpeperhospital.com**.



Did You Know?

According to acceptedness.com, selective admission colleges in Virginia received a total of 249,559 student applications for Fall 2014. Of those, 142,756 were accepted for an average admission rate of 57.2 percent. The most selective school in Virginia: Washington and Lee University, where only 19 percent of those who applied got in. University of Virginia came in third, with an acceptance rate of 30 percent.

Closing

Are there any goals you need to prioritize as a team today?
What's something positive that a team member has done for you in the past week?

We are all a team. If you see anything that concerns you, you are expected to speak up. UVA Culpeper Hospital. Proud to be a part of our community. Proud to be a part of UVA.



Wednesday, March 9

"Forever is composed of nows." -Emily Dickinson, poet

Topic of the Day: Physician of the Year

Do you have a favorite physician at UVA Culpeper Hospital? Does he or she go above and beyond to treat patients with kindness and respect? Does he or she set a positive example for colleagues and staff? This is your chance to spotlight someone you feel deserves recognition. Nominate your favorite physician today and tell us why he or she should be our Physician of the Year!

Submit your written nomination by **Monday, March 14** to **Trisha Butler** of the medical staff office in person or by email at **tbutler@culpeperhospital.com**. For more information, call X5050 or X4317.

Did You Know?

This week is National Sleep Awareness Week. According to the Centers for Disease Control, sleep insufficiency is an important to public health concern, affecting an estimated 50-70 million U.S. adults. Lack of sleep leads to unhealthy behaviors, most notably falling asleep while driving, which is responsible for approximately 1,550 fatalities annually in the U.S. If you're not getting the rest you need, go to <http://bit.ly/1OWxwJQ> for tips on sleep hygiene from the National Sleep Foundation.

Closing

What will you accomplish at work today that will leave you smiling? Is there a colleague who sets the bar for finding ways to improve work effectiveness?

We are all a team. If you see anything that concerns you, you are expected to speak up. UVA Culpeper Hospital. Proud to be a part of our community. Proud to be a part of UVA.

Thursday, March 10

"Get someone else to blow your horn and the sound will carry twice as far." -Will Rogers, cowboy and performer



Topic of the Day: Junior Volunteers

Every summer, the Culpeper Hospital Auxiliary welcomes a group of teens from our area to participate in the Junior Auxiliary program. This program allows young volunteers to get a feel for the hospital environment and experience the rewards of helping others. Know

someone who might be interested? Here's what you need to know:

- Teens ages 14 to 17 are eligible to participate. They must have turned 14 by January 1, 2016. (Note, in previous years the start age was 13.)
- Applications for returning Junior Auxiliary will be available **Tuesday, March 15** and new Junior Auxiliary applications will be available **Friday, April 1**
- Applications will be available at the first floor reception desk
- All applications are due **Sunday, May 15**
- Junior volunteers are scheduled from **June 15** through the end of summer (approximately)
- Shifts are typically 2 hours, twice weekly
- There's a wide variety of volunteer roles available throughout hospital, from assisting in the coffee shop to helping nurses on the units.

For more information on the Junior Auxiliary program, contact **Kim Stewart** at kstewart@culpeperhospital.com.

Did You Know?

Last year, the Auxiliary had 65 Junior Volunteers – the largest group ever – and they hope to recruit even more this year.

Closing

Is there any departmental information you'd like to share? Who would you like to recognize or acknowledge today?

We are all a team. If you see anything that concerns you, you are expected to speak up. UVA Culpeper Hospital. Proud to be a part of our community. Proud to be a part of UVA.

Friday, March 11

"You must learn to be still in the midst of activity and to be vibrantly alive in repose." -Indira Gandhi, former Prime Minister of India

Topic of the Day: Letter from a Grateful Mother

We know what an impact you have on the lives of our patients and their families. But it's so nice to hear from them directly. Here's a recent letter from one local mom regarding our imaging and lab department staff:

"Before we left on vacation, our sweet little one had been struggling with a bout of something really nasty; we were back and forth to our pediatrician and finally we were making that dreaded trip (no parent ever wants to make) to the hospital with our child. I was nearing total mental collapse, the thought of something undiagnosed, and all of the worries that follow behind.

I cannot emphasize enough how each and every one of the hospital staff was so caring and warm, quick to offer a friendly smile, or words of encouragement to our little one. She was given stickers, a fantastic book she has been reading every night and also a stocking monkey made by one of the staffs' mother. These tokens and smiles along the way, made this process so much warmer and hopeful.

[Our daughter] is the picture of health today and for that we count our blessings. But I can also say that because of the hospital, and the overall vibe within those walls, you and your colleagues are doing one heck of a job!!!

Bravo to you and your team. This county is lucky to have you!"

Did You Know?

National Nutrition Month is in full swing in our cafeteria, so be sure to stop by for lunch or dinner. Why not take those healthy habits home with you? Here are some smart tips from the Academy of Nutrition and Dietetics on eating right on a budget:

<http://bit.ly/1QLCWfb>

For more great tips on eating healthy, go to eatright.org.

Closing

Are there any organizational changes that are affecting how you do your job?

Is there someone at work who inspires you to do your job better?

We are all a team. If you see anything that concerns you, you are expected to speak up. UVA Culpeper Hospital. Proud to be a part of our community. Proud to be a part of UVA.

Saturday and Sunday staff, please review this week's Huddles for the latest information.